


PAUSE

Pause to Prepare

A routine to build courage and problem-solving skills

1. Complete a physical challenge. If you 'lose it' during the challenge,  and breathe before you try again.



2. What did you do? Did you Stand, Move or get Support?

STAND



STAND up to challenges

MOVE



MOVE away from challenges

SUPPORT



Get SUPPORT with challenges

3. What could challenge you today?



4. What are you going to do? Will you Stand, Move or get Support?

STAND



STAND up to challenges

MOVE



MOVE away from challenges

SUPPORT



Get SUPPORT with challenges